

Working at Heights

Almost as many people are killed and injured falling from ladders, as they are falling from roofs.

Health and Safety Regulations outline what must be done to prevent injuries from a person falling from one level to another [some state regulations only apply to falls of more than 2 metres. But the principles below should be applied to the risk of all falls between levels, no matter what the height].

Of course the best way to prevent falls from height is to do the work on the ground. If this is not possible then apply the hierarchy of control – elimination, isolation, engineering controls, administrative controls and lastly personal protective equipment/safety gear. Of course, a combination of these is usually needed. Only using safety gear does not meet the requirements of the law – because it is not safe!



Work from a solid construction
OR
an elevated work platform
OR
use a guard rail

Use an industrial rope access system
OR
fall arrest system
AND
always make sure it's a Quick task



Avoid portable ladders
Never work from heights alone
Avoid heavy work from non-secure platforms
Never work from a ladder that is not secured

You can find good advice in Codes of Practice on Fall Prevention. For example -

Queensland https://www.worksafe.qld.gov.au/_data/assets/pdf_file/0004/58171/managing-risks-falls-workplaces-cop-2018.pdf

Victoria: <https://www.worksafe.vic.gov.au/resources/compliance-code-prevention-falls-general-construction>